



## **DRYLAND TRAVERSE – RACE RULES**

### **1. Doping Offences**

1.1 Any amateur or professional athlete under sanction from their federation or national anti-doping authority after 1 January 2016 will be banned for life from competing in the Dryland Traverse.

1.2. The organizers also reserve the right to refuse any athlete (professional or amateur), which was under sanction from their federation or national anti-doping authority before 1 January 2016, to compete in the Dryland Traverse.

### **2. Runners**

2.1 Runners will compete in 7 categories namely:

- Men's Team
- Women's Team
- Mixed Team
- Solo Men
- Solo Women
- Mafuta
- Ladies 50+

### **3. Equipment (Compulsory)**

- Whistle
- Space blanket
- Hydration pack (750ml)
- Personal medication
- Cellphone

### **4. Equipment (Recommended)**

- Buff/Hat
- Sensible clothing
- Lip ice
- Sunscreen

### **5. Hydration & Nutrition**

5.1 Runners are responsible for their own hydration & nutrition.

5.2 Water & energy drinks will be supplied at the water stations.

## **6. Identification**

6.1 The race numbers of both runners must be displayed clearly and fixed according to specifications.

6.2 Runners are obliged to wear the supplied race leaders' numbers linked to their category.

6.3 Race numbers may not be altered with, or any of the sponsors' logos obscured in any way.

## **7. Medical**

7.1 It is the runner's responsibility to ensure that he/she is well prepared to take on a race of this nature and the medical questionnaire must be handed in before or at registration.

7.2 The race doctor and his medical team reserves the right to prevent any runner from continuing the race if it deems necessary. Their decision is final.

7.3 The medical team will be available to assist with strapping but runners will have to buy the necessary tape and plaster from the race office.

## **8. Daily start**

8.1 The start chute closes 5 minutes prior to the start of the race and runners not arriving on time will start at the back.

## **9. Timekeeping**

9.1 The race starts each day at 8:30 sharp. If any start times have to be changed, notice hereof will be conveyed at the compulsory race briefing.

9.2 The time of the 2nd runner of the team that crosses the finish line will be the teams' official finishing time.

9.3 Runners will not be allowed to start late – everyone starts together.

9.4 The race cut off remains the same even in case of a late start.

## **10. Cut off times and withdrawals**

10.1 Cut off times are very generous allowing even the back markers to easily finish – see cut of times below:

- Stage 1 | At water point 2 – 5hrs
- Stage 2 | At water point 2 – 4hrs

- Stage 3 | At finish – 3hrs
- The race organizers still reserve the right to extend the cut-off times during the race at their discretion.

10.2 A runner not making the cut off will be allowed to continue all stages, but will not be declared an official finisher.

10.3 Runners are allowed to miss 1 stage cut off, the 2nd time the cut off is missed this runner will not be allowed to continue in the race.

10.4 Any withdrawals have to be communicated to the race office immediately.

10.5 A runner that withdraws during the race must please convey his/her intentions to the nearest marshal.

10.6 A sweep vehicle will transport all withdrawals to the stage finish venue.

## **11. Stages**

11.1 The organizers reserve the right to change a stage or completely abandon a stage, if necessary.

11.2 Such a stage (as in 11.1) will be declared a non-event and have no bearing on the overall results.

## **12. Traffic rules**

12.1 General traffic rules apply on public roads.

12.2 The Dryland Traverse does not have any road closure, so please adhere to above (12.1) rules.

## **13. Runner separation**

13.1 Runners of the same team have to run together at all times.

13.2 Team runners who are separated from their running partner for more than 2 minutes during any time of a stage will be penalized by 30 minutes.

13.3 The checking of runner separation will be checked en-route or at the finish line.

## **14. Water points**

14.1 The exact location of the water points will be advertised in advance.

## **15. Support**

15.1 Medical assistance will be supplied en-route in the form of medical officers and at water points.

15.2 We do not allow assistance to any runner from anyone outside of the race; that being in the form of medical, nutritional or technical assistance.

15.3 Outside assistance is only allowed at the designated spectator points.

15.4 No other seconding vehicles other than that of Dryland Traverse are allowed on the route. If any non-official seconding vehicle can be linked to a specific runner or team, it will result in a time penalty, with a second offence resulting in immediate disqualification.

## **16. Teams**

16.1 In the case of a withdrawal of a runner, a new team cannot be formed.

16.2 It remains the responsibility of the runner to inform the race organizer of his team's change in status.

16.3 The remaining team member will complete the race in the Out Of Category section. He/she will receive a Finisher's medal and official result, but no Prize money.

16.4 The runner that withdrew can join us again for one of the remaining stages, but will not receive a result or Finisher's medal.

## **17. Runner etiquette**

17.1 The integrity of each runner is relied upon with regards to staying on the course and competing within the rules.

17.2 If a runner leaves the course, for whatever reason, he has to enter the course at the exact same spot he exited it.

17.3 Basic runner etiquette applies at all times, not bringing the sport in disrepute.

17.4 We travel through ecologically sensitive areas and persistent littering will result in disqualification. Any form of littering will result in fines imposed.

17.5 Keep all your rubble for the water points where race officials will erect disposable bag stands.

Please note that the win is provisional until all winning criteria are met which includes compliance to the event rules and regulations. To be in contention for the stage prize money, the team has to finish the race. The final decision lies with the race organizers. Attendance for the final prize giving is compulsory if you wish to receive your prize money. *\* Race rules may be changed without notice.*